

pure fitness[®] ***x-series***[™]

Pure Fitness X-Series Home Trainer Model No. 8533HT Owner's Manual

Please read all the instructions before using this product.
Consult a physician before beginning any exercise program or strenuous activity.



Pure Fitness X-Series is a Trade-mark of Pure Global Brands, Inc.

Do not allow more than one person on the Home Trainer at any time.
Do not allow small children to use unless supervised by an adult.
ADULT ASSEMBLY REQUIRED.

For special offers and to ensure warranty protection, register your Home Trainer at:
www.pureglobalbrands.com

pure[™]
global brands 

OWNERS MANUAL CUSTOMER SERVICE INFORMATION

Thank you for purchasing our **Pure Fitness X-Series™ Home Trainer**.

At Pure Global Brands, we want all of our customers to be completely satisfied with their purchase. Please take time to review the contents of the product you just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will happily provide replacement parts at no charge within 30 days of purchase. Please keep in mind that for select damaged part replacement requests, we will require a photo for submission to our quality control office.

To order these parts, or if you have any other questions or concerns about this Pure Global product, please e-mail the Pure Global Brands, Inc. customer service department at customerservice@puregbi.com or contact us at 1-866-498-5269. You can also visit our website at: www.pureglobalbrands.com

If you request replacement parts, please be sure to include the following information in your correspondence:

YOUR NAME

YOUR SHIPPING ADDRESS

YOUR EMAIL ADDRESS

RETAILER WHERE YOU PURCHASED PRODUCT

DATE OF PURCHASE

ORDER # (IF AVAILABLE)

PRODUCT MODEL #: 8533HT

SERIAL #

PRODUCT NAME: X-Series Home Trainer

PART # (located in this manual)

QUANTITY NEEDED

PICTURE OF DAMAGED PART(s) – SUBMIT VIA Email , Fax, or Mail

Again, thank you for purchasing a Pure Global Brands product.

Sincerely,

Customer Service

Pure Global Brands, Inc.

Phone: 1-866-498-5269

Email: customerservice@puregbi.com

2253 Vista Parkway, Suite 11

West Palm Beach, FL 33411

LIMITED WARRANTY

Pure Global Brands, Inc. warrants this product to be free from defects in workmanship and materials under normal use and conditions for the duration of the period outlined below FROM THE DATE OF ORIGINAL PURCHASE. This Limited Warranty is not transferrable and is available only for the original purchaser of the Product.

The various components of this equipment are warranted against defects and workmanship for the following time period(s):

- **Steel Frame 1-year.**
- **All Other Parts 90-Days**

All warranty coverage extends only to the original retail purchaser from the date of purchase. Pure Fitness's obligation under this Warranty is limited to replacing or repairing, at Pure Fitness's option, the product at one of its authorized service centers. All products for which a warranty claim is made must be received by Pure Fitness at one of its authorized service centers and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Pure Fitness. All warranty claims must be preauthorized by Pure Fitness. Preauthorization can be obtained by calling 866-498-5269. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a Pure Fitness authorized service center or for products used for commercial or rental purposes. This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of Nature (such as damage caused by wind, lightning, snow, water, or ice). Weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other Warranty beyond that specifically set forth above is authorized by Pure Fitness.

PURE FITNESS IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND Pure Fitness SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

READ THIS FIRST!!!



WARNING
CHOKING HAZARD – Small parts
NOT for children under 3 years.

Warning

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

WARNING

IMPORTANT – PLEASE READ!

WARNINGS – GENERAL SAFETY ADVICE

Please read these instructions in their entirety before use and retain for future reference.

Ensure that this product has been assembled correctly, per the instructions in the manual.

This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.

• **IF YOU EXPERIENCE** any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, dizziness, or other unusual discomfort while exercising, STOP and immediately consult your physician and/or obtain medical assistance.

• Warm up at least 5-10 minutes before each workout and cool down for at least 5-10 minutes afterwards.

• Before using this product, inspect your machine; make sure that all nuts, bolts, hardware and attachments are secure and in working order, replace any worn, defective or missing parts.

• This machine is intended for indoor home use only, it is not designed for commercial use.

• **ALWAYS** consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.

• **DO NOT** allow children to use, climb on, or play near this product.

• **NEVER** allow more than one person at a time on this product.

• **ALWAYS** ensure that the product is on level ground.

• **NEVER** hold your breath while exercising.

• **ALWAYS** rest adequately between workouts to allow your muscles to tone and develop.

• **DO NOT** wear loose fitting clothing, belt buckles or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.

• **DO NOT** stand or kneel on the seat cushion.

• **ALWAYS USE CARE** when loosening the Lock Knob to fold your Home Trainer to ensure that it does not suddenly close. Failure to use proper caution may result in injury or damage to the product.

• **ALWAYS** wear the appropriate fitness footwear. **DO NOT** use this product barefooted or with socks only.

• **ALWAYS** ensure that there are no twists or snags in the resistance cords, and/or obstructions blocking free movement of the cords and the pulley system before beginning an exercise.

• **ALWAYS** ensure that the Handle and/or Ankle Attachments are properly secured before beginning an exercise.

• **ALWAYS** ensure that the seat post is fully and properly inserted into its housing before putting any weight on the seat.

• **NEVER** attempt to use the resistance cords barehanded or with any attachment that was not specifically intended for use with the this Home Trainer.

• **ALWAYS** keep your extremities, especially your fingers away from the pulleys. Only use the attachments that shipped with your Home Trainer.

• **ALWAYS** make sure that the frame of your Home Trainer is FULLY opened and the Lock Knob is securely in place and safely situated before using it or applying your weight to the seat, **especially after unfolding it from the storage position.**

• **ALWAYS** double check your Handle attachment connection(s) when adding/removing resistance cords or switching the Ankle attachment position to ensure that it is safely and securely attached.

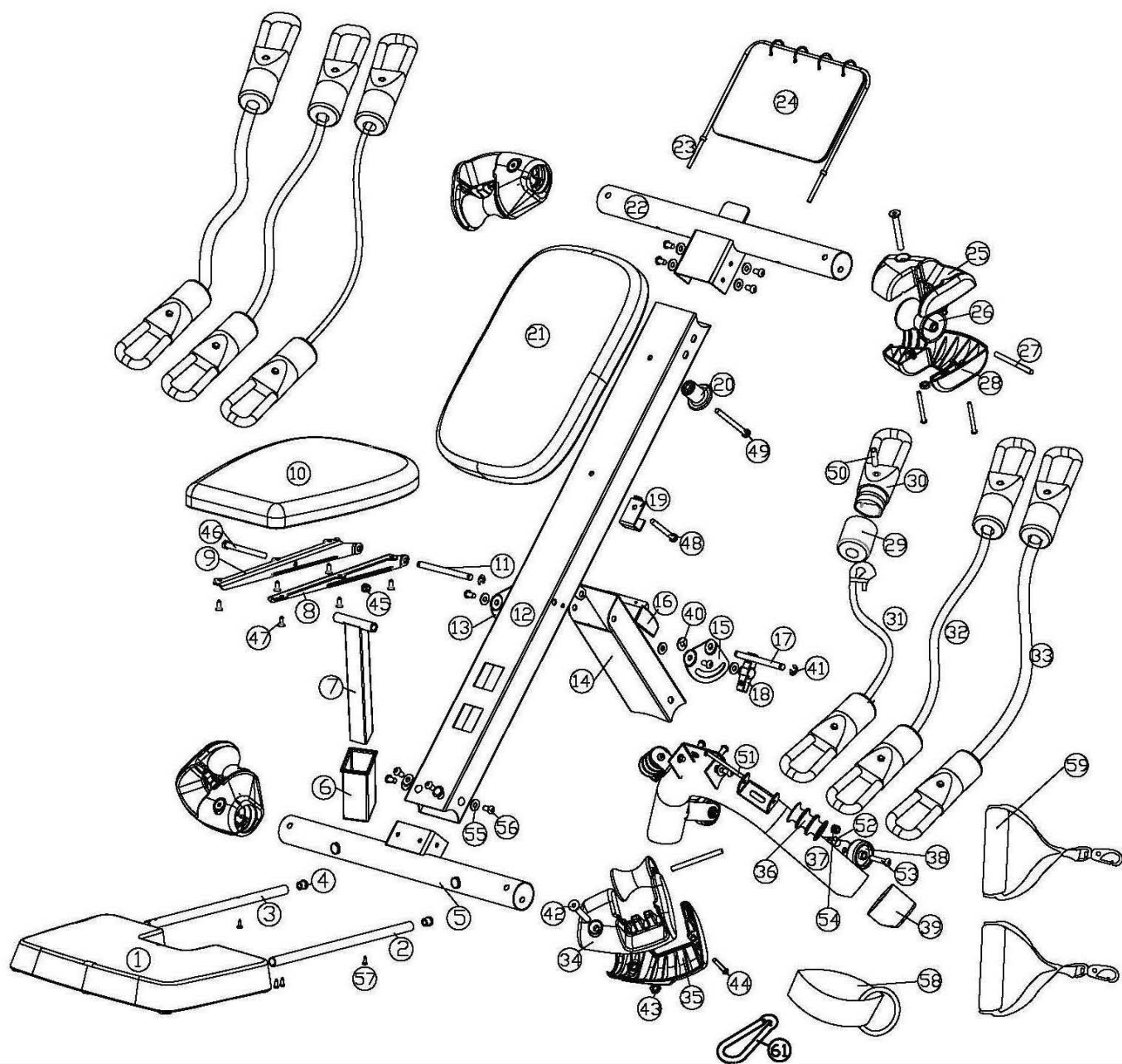
• **ALWAYS** safely store your Home Trainer so it does not present a tripping or other safety hazard.

• **NEVER** exceed the Maximum Weight Limit of: **250LBS.**

• Dispose of all packaging materials safely and per local ordinance.

• Please retain this information for future reference.

8533HT EXPLODED VIEW



8533HT PARTS LIST

Part #	Description	Quantity
1	Foot Rest	1
2	Foot Rest Tube (R)	1
3	Foot Rest Tube (L)	1
4	Small End Cap	2
5	Low Pulley Cross Bar	1
6	Adjustment Bar Insert Piece	1
7	Seat Adjustment Bar	1
8	Seat Support (R)	1
9	Seat Support (L)	1
10	Seat Cushion	1
11	Seat Shaft	1
12	Main Frame	1
13	Adjustment Piece (L)	1
14	Rear Leg	1
15	Adjustment Piece (R)	1
16	Plastic Piece	1
17	Rear shaft Ø10	1
18	Adjustment Lock Nut M8	1
19	Hook	1
20	Hanger	1
21	Back Cushion	1
22	High Pulley Cross Bar	1
23	Program Card Holder	1
24	Instruction Card Set	1
25	Upper High Pulley Case	2
26	Case Pulleys	4
27	Case Shafts Ø8	4
28	Lower High Pulley Case	2
29	Resistance Band Sheaths	12
30	Resistance Band Hooks	12
31	Light Resistance Bands Ø7	2
32	Medium Resistance Bands Ø8	2
33	Heavy Resistance Bands Ø9	2
34	Upper Low Pulley Case	2
35	Lower Low Pulley Case	2

NOTE: For your convenience, many of the parts on this list have been pre-assembled. The parts you need for assembly are shaded and in bold.

8533HT PARTS LIST (CONT.)

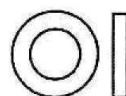
Part #	Description	Quantity
36	Lower Rear Pulleys	6
37	Middle Pulley Crossbar (Rear Leg)	1
38	Wheels	2
39	Rear Leg End Cap	2
40	Washers	2
41	C-clips Ø9	4
42	Bolt M8	4
43	Hex Nut M8	4
44	Bolt M6	8
45	Blocking Nut M8	1
46	Bolt M8	1
47	Bolt M6	6
48	Bolt M8	1
49	Bolt M8	1
50	Resistance Band Pin	12
51	Bolt M6	2
52	Dome Nut M6	2
53	Bolt M8	2
54	Blocking Nut M8	2
55	Washers Ø9 (12 needed to assemble)	18
56	Bolt M8 (12 needed to assemble)	14
57	Screw	6
58	Ankle Strap	1
59	Handle Attachments	2
60	Inner Hex Spanner	1
61	Carabiners (Metal Spring Clips)	3

NOTE: For your convenience, many of the parts on this list have been pre-assembled. The parts you need for assembly are shaded and in bold.

HARDWARE PACK



x 12 PCS



x 12PCS



Wrench x 1 pc

ASSEMBLY INSTRUCTIONS

Step 1. Assemble Frame Pieces

Pictures in A,B & C show the Trainer unfolded for part clarification. Assembly will be easier if the Home Trainer is left in the storage (closed) position until Step D.

A. Place the Rear, short folding leg of the Main Frame (12) into the Middle Pulley Bar (Curved Leg) (37). Make sure the bolt holes in this leg are closest to the bolt holes in the Middle Pulley Bar insert. Secure with 4x Allen Bolt M8 (56) and 4x Washers (55).

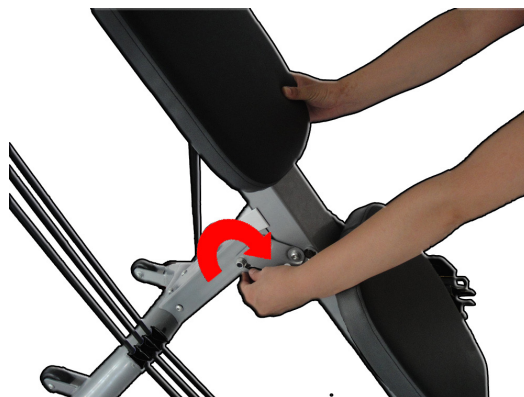
B. Place the front lower end (seat cushion **without** logo) of the Main Frame (12) into the Lower Pulley Bar (Bar with 2x large holes) (5). Make sure cord ends on Lower Bar are facing out to same side as the seat cushion. Secure with 4x Allen Bolt M8 (56) and 4x Washers (55).

C. Place the Upper end of the Main Frame (12) into the High Pulley Bar (Bar with 2x small holes) (22). Secure with 4x Allen Bolt M8 (56) and 4x Washers (55).

D. Unscrew the Locking Knob (18) on the side of the Rear Leg. Keeping your foot **securely** on the Rear Leg, **slowly** extend the front Leg forwards. Once the Home Trainer is fully open, secure the Locking Knob. **Be careful when releasing tension** that the Knob is **fully locked** and the Trainer does not suddenly close.

E. Flip down the Seat Adjustment Bar (7) and insert into the appropriate slot in the Main Frame (12).

F. Insert the Foot Plate (1) to the Low Pulley Bar (5).



ASSEMBLY INSTRUCTIONS

Step 2. Connect the Handles.

Clip one Handle Attachment to the top end of the each of the Resistance Band assemblies using a Carabiner (60). Connect the Handle attachment to one or more Resistance Bands.

CAUTION: NEVER release your grip on the handles while the Resistance Bands are under tension.

See section on Using the Home Trainer for weight conversions regarding the Resistance Bands.

Step 3. Connect the Ankle Strap.

To use the Ankle Strap, first secure the Ankle Strap to your Ankle. Loop the free end through the O-ring and then tighten the strap so it is snug but comfortable. Next, secure the strap to your leg using the Velcro fastener. Once secure, attach the Ankle Strap to one of the Lower Resistance Band Assemblies using the Carabiner (60) on the end.



Step 4. Attach the Program Card Holder

The Program Card Holder has two bars that stick out from the bottom. Slide each bar into the small holes in the High Pulley Bar until the Program Card Holder is almost flush to the tubing. Make sure that the Program Card Holder is angled back slightly.

Step 5. Using the Program Cards.

The Program Card Holder has rings to hold all the Program Cards. It is recommended that you leave the User Information and the Warm Up/ Cool Down Program card on top for easy reference while working out. To view the different cards, flip to the Program you wish to follow so it is on top of the other cards.



Note: This Home Trainer comes with one (1) Ankle Strap. To purchase additional handles and/or straps, please visit www.pureglobalbrands.com.

RESISTANCE BAND WEIGHT CONVERSION

The 3 Resistance Bands are equal to a weight resistance of 5, 12, and 20 pounds each:

Light = Green Cap (5lbs)

Medium = Blue Cap (12lbs)

Heavy = Orange Cap (20lbs)

5lbs = 1 Green

12lbs= 1 Blue

17lbs= 1 Blue and 1 Green

20lbs= 1 Orange

25lbs= 1 Orange and 1 Green

32lbs= 1 Orange and 1 Blue

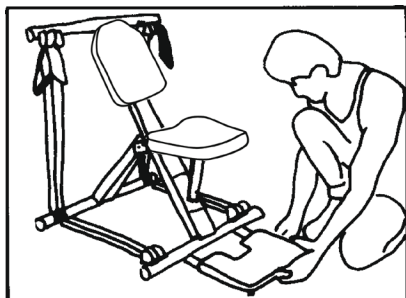
37lbs= 1 Orange, 1 Blue and 1 Green

MAINTENANCE

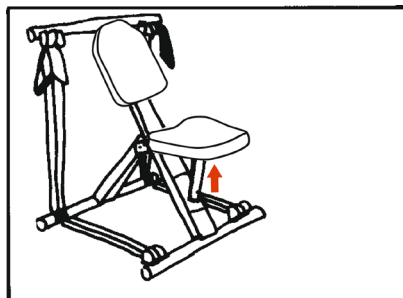
Your unit has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

- Keep your unit clean by wiping it down with soap and water.
- Always make sure that the equipment is secure and show no signs of wear and tear.
- Regularly check the tightness of nuts and bolts.
- Please place on an open area on a hard surface.
- Recommended as an indoor item.

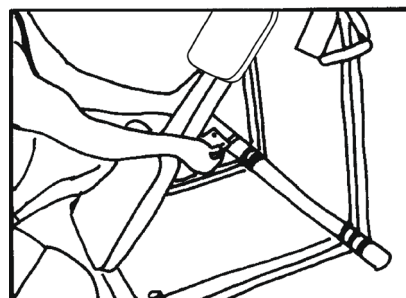
FOLDING, MOVING, and STORING YOUR HOME TRAINER



Connect both the Handles and the Ankle Strap to the Top Pulleys. Remove the Foot Plate from the Lower Bar and set it aside.

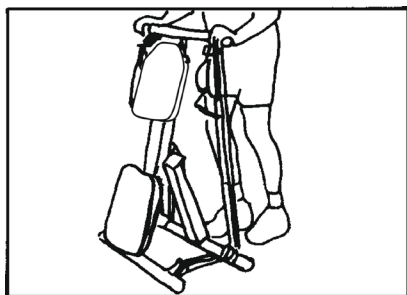


Lift the seat Adjustment Bracket support up and out of its housing, and slowly lower the seat so the it is resting on the Main Frame.



Disengage the Safety Lock, on the side of the Rear Support by loosening the Knob.

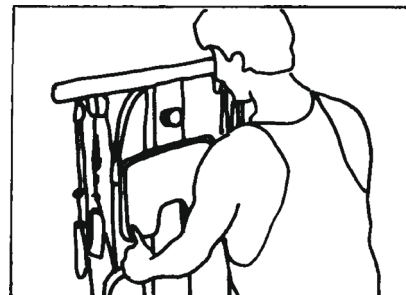
Be sure to keep tension on the rear leg, so that the unit does not suddenly close!



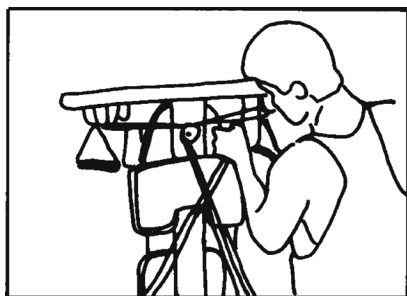
Fold the Home Trainer together so that the Rear Support Leg is resting against the Main Frame.



Secure the Home Trainer in the Folded position, by tightening the Knob in the Safety Lock.



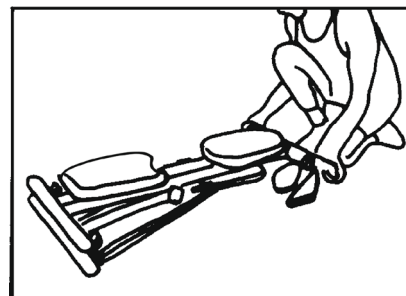
Stand the Home Trainer up so it is vertical to the ground. Attach the Foot Plate to the Main frame on the Storage Hook.



Wrap the Resistance Bands, one band at a time, around the Band Knob on the reverse side of the Main Frame.



If storing your Home Trainer in a closet or similar location: Wheel the Trainer to the desired location and secure it upright. ALWAYS use the wheels when moving.







If storing your Trainer under a bed, wheel it to the location and SLOWLY lower it so that the cushions are facing UP. Once laid down, slowly slide it using the wheels.

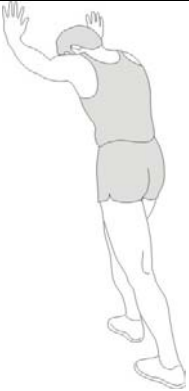


WARM UP/COOL DOWN EXERCISES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

	<p>Inner Thigh Stretch Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.</p>
	<p>Hamstring Stretch Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.</p>
	<p>Head Roll Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.</p>
	<p>Shoulder Lift Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.</p>

WARM UP/COOL DOWN EXERCISES

	<p>Calf-Achilles Stretch Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts</p>
	<p>Toe Touch Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.</p>
	<p>Side Stretch Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.</p>

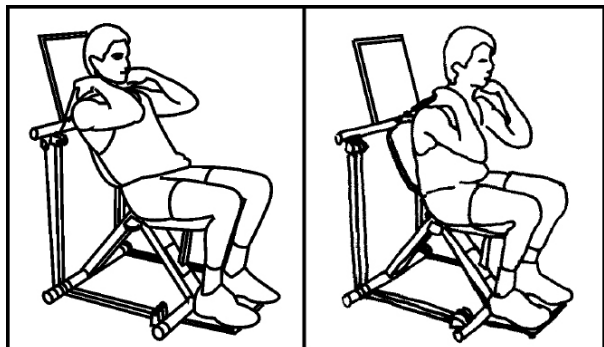
SAMPLE EXERCISES

**Refer to the Program Cards included with your Home Trainer
for additional exercises**

Some sample exercises are included below targeting common muscle group(s) many people want to develop and tone. You will find these, and additional exercises on the Program Cards your Home Trainer shipped with.

Crunches

Targets: Abdominals

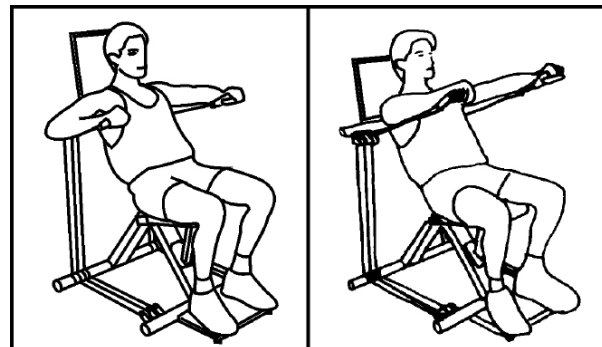


Sit and hold Handles above shoulders, palms facing inward. Crunch (bend) chest forward without moving lower back away from seat, keeping hands next to chest and head aligned with spine and return.

Pulleys: High Bar
Seat: UP position
Attachments Used: Handles

Bench Press

Targets: Chest and Arms

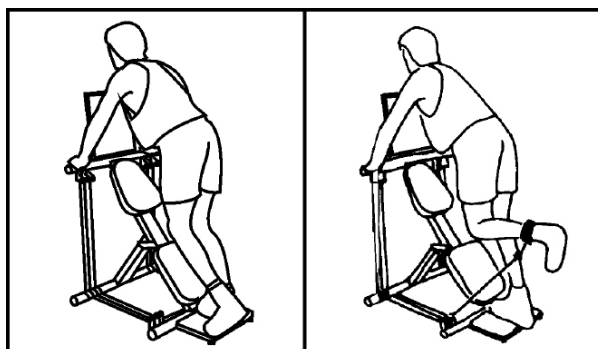


Sit and hold Handles next to chest, palms facing downwards. Push straight out away from chest and return.

Pulleys: High Bar
Seat: UP position
Attachments Used: Handles

Leg Curl

Targets: Leg (Hamstring)



Stand with one foot on Foot Plate and Ankle Strap around other ankle, hold onto High Pulley Bar. Curl heel to buttocks keeping upper leg and knee still and return.

Pulleys: Low Bar
Seat: DOWN position
Attachments Used: Ankle Strap

FREQUENTLY ASKED QUESTIONS

Question: What do I do if the Resistance Band(s), Handle Attachment(s) or the Ankle Strap need to be replaced?

Answer: Please email customerservice@puregbi.com or call Customer Service at 866-498-5269 (9 AM to 5 PM Monday-Friday). If you are outside of the warranty period, you can visit: www.pureglobalbrands.com for links to purchase replacement parts. Keep in mind that resistance bands are only offered in sets of all (3) three.

Warranty requests must be accompanied by adequate Proof of Purchase. A picture of the damaged part or a request to have the part(s) shipped to Pure Global Brands may be issued.

Question: What do I do if I'm missing screws, bolts or other assembly hardware?

Answer: Please email customerservice@puregbi.com or call customer service at 866-498-5269. For items missing from your packaging, there is a **30-Day** period from the original date of purchase to notify Pure Global Brands of this issue.

Question: Am I only supposed to have one Ankle Strap?

Answer: This home trainer only ships with one ankle strap. To purchase additional Ankle Straps, please visit us on the web at www.pureglobalbrands.com

Question: One of the Resistance Bands was twisted upon opening of the Box. What should I do?

Answer: In rare cases, a Resistance Band may become snagged during shipping. To fix this issue, simply pop off the "e-clip" (a small black "e" shaped washer) located on the Lower Pulley Bar for the affected Resistance Band using a flathead screwdriver or similar tool. **NOTE:** The e-clip may pop off suddenly. Ensure the ground is clear of any clutter so it is not lost. Remove the smooth black bolt and untwist the Pulley/Resistance Band assembly. Untwist the Resistance Band and replace the bolt and e-clip.